

Moose Sentinel



Vol 9, No 10

Ft. Richardson - "MWR is for All of Your Life"

October 2001



October Domestic Violence Awareness Month

Theme: "Support your Neighbor: Domestic Violence is not a Private Matter"

Soldiers, family members and the community need to understand the seriousness of Domestic Violence, that it is not an acceptable behavior. Learn about identifying the signs, and prevention. Participate in the Domestic Violence Awareness calendar of events. **Please see page 3.**

Sponsored by the Family Advocacy Program (FAP). For more information please call 384-7502/1006.

FRA Red Ribbon Celebration

October 19-31

Theme: "Freedom is Drug Free"

Red Ribbon Celebration is here! Red Ribbon focuses on prevention. The theme of this year's campaign is "Freedom is Drug Free"! The objective of Red Ribbon 2001 is to promote awareness of the harmful effects of substance abuse through drug and alcohol prevention, education, parental involvement and community wide support. Drug abuse continues to stand as one of the major challenges our communities face in securing a safe and healthy future for our children.

Red Ribbon Week originated following the murder of the U.S. Drug Enforcement Administration Agent Enrique Camarena by drug traffickers in February 1985. The Red Ribbon became a symbol to eliminate the demand for drugs and to stop the violence and destruction cause by alcohol and other drugs. The Red Ribbon Celebration provides a time to emphasize the positive aspects of drug free lives and communities. The celebration is also a time for renewal and rededication to the best that is in us all.

Celebrate the calendar of events held during Red Ribbon 2001, help us encourage youth and adults to live healthy, drug free lives. **Please see page 3.**

Sponsored by the Center for Substance Abuse Programs (CSAP). For more information please call 384-1411.



God Bless America

In Remembrance
Our Thoughts and Prayers are with you

4 Day Columbus Day Weekend Opportunity at the Seward Resort

October 5-8 - Columbus Day

(4 day weekend). Visit the resort for a quiet weekend get away. Take a boat cruise, visit Exit Glacier, climb Mt. Marathon, watch football on the large screen TV, as you cuddle by the fireplace. Friday, October 5 is a Military Training Holiday. Monday is a Federal and School Holiday (Columbus Day).

Hot Lodging Special

Stay for two nights and receive the 3rd night **FREE**
Winter Rates thru April 30, for ALL Guests:

Motel Units (56 rooms) \$50
Ten Standard Townhouses \$75
Two Deluxe Townhouses w/fireplace. \$100
Log Cabin w/hot tub \$100
Seabolt Hall Rental \$125 per day (hall),
or \$250 per day (hall/set up)

New Year's Eve Party

Make your reservations now for the New Year's Eve party, and to reserve a room during the Christmas season.

Reservations - (907) 224-2654/2659
Leave Message - 1-800-770-1858

Check out What's Hot www.usarak.army.mil/framwr/seward.htm

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2 ♦ Special Events

USARAK Safety Zone

As Winter approaches, the hours of darkness increase & inclement weather will be here! The joint usage of roads and pedestrians present a potential for accidents and injuries.

Driver's – Be More Alert, Control Your Speed, Allow More Stopping Time & Distance, Check Road Conditions and Watch For Children.

Pedestrian's – Make Yourself Visible at ALL Times by Wearing Reflective Clothing/Gear, Walk/Run Against Oncoming Traffic, & Utilize Crosswalks. Halloween will close out October with Trick or Treating. Younger children should be escorted & supervised by an adult. Always inspect candy before eating, wear light colored or reflective costumes, carry a flashlight, don't run between parked cars, and stay in a familiar neighborhood.

**THINK
SAFETY
FIRST!**



I HOT !

**Moose Sentinel
now on-line**



<http://www.usarak.army.mil/framwr>

The Moose Sentinel is a monthly publication of the Fort Richardson United States Army, Alaska, Directorate of Community Activities (DCA), Morale, Welfare & Recreation (MWR), prepared by Terry Yeomans, Marketing & Advertising Specialist (Graphic Designer). Articles, comments & suggestions welcomed. (907) 384-2299, Fax (907) 384-2489. E-mail: teress.yeomans@richardson.army.mil WEB: <http://www.usarak.army.mil/framwr>

Ft. Richardson to "Strike Out" Home Fires During Fire Prevention Week October 7-13



How do you make learning about home fire safety fun for kids of all ages? Add a little baseball!

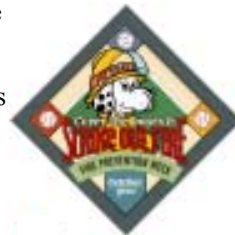
Fort Richardson Fire & Emergency Services has teamed up with the nonprofit NFPA (National Fire Protection Association) to "Cover the Bases & Strike Out Fire" during Fire Prevention Week, October 7-13, 2001. NFPA's new public safety campaign brings baseball and fire safety together to teach children and their families simple steps they can take to strike out the risk of home fires.

Cooking, heating, and electrical fires are among the nation's leading causes of home fires, accounting for an annual average of nearly 50% of home fires and almost one-third of associated fire deaths. This year's Fire Prevention Week campaign teaches children and their families about these common fire hazards, and how to "strike them out" in their own homes. Parents and kids are encouraged to

complete a home fire safety inspection together, putting the campaign's messages into practice. Home fire safety checklists, which can help families conduct a thorough inspection, are available at the Fort Richardson Fire & Emergency Services and on the official Fire Prevention Week web site at www.firepreventionweek.org.

October 12 - Fire Prevention Week Open House

Bldg 654, Fire Station #1, 10 am - 2 pm. Learn about this year's Fire Prevention theme, "Cover the Bases & Strike Out Fire", and the importance of striking out the risk of home fires. There will be a junior fire fighter challenge course, fire station tours, door prizes, food and drinks and award ceremony for the poster contest winners. For more info, call Matt Mackay, Fire Prevention Inspector, 384-3132.



20th Annual Retiree Appreciation Day &



OKTOBERFEST

October 13



Volksmarch (10K) - Buckner Physical Fitness Center, 9-11:30 am

Lunch - DFAC Dining Facility, Bldg 640, Food Court, or Burger King, 11:30 am - 1 pm.

Guest Speakers - Master Gunnery Sergeant (Ret) and Ben Butler (Ret U.S. Marine Corps), National Association for the Uniform Services. Joint Regional Environment Training Center (JRETC), Bldg 655, 1-3 pm.

Health & Country Fair, Information Bazaar and Vehicle Registration - JRETC, 3-5 pm. Health Fair will include: blood pressure and cholesterol checks, optometry screening, and info on heart attack prevention, diabetes and cancer risks.


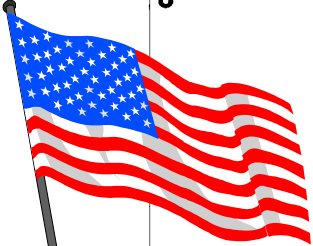



ID Card Renewal - Bldg 602, 3-5 pm.



OKTOBERFEST

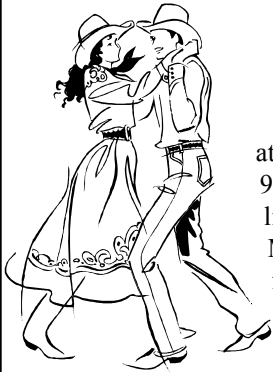
Down Under Lounge, JRETC Basement. Doors open 5 pm. Cover \$8. German dinner 6:30-10:30 pm. Live band "Alaska Blaskapelle" with German music, 6-10 pm. DJ for your dancing enjoyment, 10:30 pm. If you had a good time last year, come celebrate again - lots of food and specialty brews. For more info, call Mary 384-7619.

DV & Red Ribbon Calendar ♦ 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dr. Wayne Duehn Professional Training Bldg 337, Rm 21, 9 am - noon DV/Red Ribbon Info Packets to Units	2 Dr. Wayne Duehn Professional Training Bldg 337, Rm 21, 9 am - 4 pm	3 Brown Bag Video Series "Healthy Relationships" - "Family Rituals" Bldg 337 FAP Library 11:45 am - 12:45 pm	4 	5 Info Packets to Schools	6
<div style="text-align: center;"> October 2001 </div>						
<div style="text-align: center;"> Red Ribbon Theme "Freedom is Drug Free" </div>						
<div style="text-align: center;"> DV Theme "Support Your Neighbor: Domestic Violence is not a Private Matter" </div>						
7 	8 	9	10 Brown Bag Video Series "Happy Parenting" Bldg 337 FAP Library 11:45 am - 12:45 pm	11 Info Booth Child Development Center (CDC) Bldg 6, 4-6 pm	12 Get to Know your ACS "Victim's: They Too Have Rights" Bldg 337, Rm 21, 11 am - noon	13 Info Booth Joint Military Mall 9 am - 7 pm
<div style="text-align: center;"> Red Ribbon Pre-Season Basketball Tournament BPFC </div>						
14 Info Booth Joint Military Mall 9 am - 7 pm	15	16	17 Brown Bag Video Series "7 Prin- ciples of a Healt- hy Marriage" Bldg 337 FAP Library 11:45 am - 12:45 pm	18 Info Booth Child Development Center (CDC) Bldg 6, 9-11:30 am	19 Red Ribbon Kick- off March Ursa Minor & Ursa Major 1:30 pm Red Ribbon YS 3 on 3 Basketball Bldg 297, 4-6 pm	20 Red Ribbon YS 5 on 5 Basketball Bldg 297, 3 pm
<div style="text-align: center;"> Red Ribbon Pre-Season Basketball Tournament BPFC </div>						
21	22 Red Ribbon Parent Briefing "Talking with youth about Drugs" Military, spouses & DOD civilians. Post Theater, 2-3 pm Red Ribbon YS 3 on 3 Girls Basket- ball Bldg 297, 4-6 pm	23 Red Ribbon YS Parent/Youth Crafts Bldg 297, 4-6 pm	24 Brown Bag Video Series "The Kids are Watching" Bldg 337 FAP Library 11:45 am - 12:45 pm Red Ribbon YS Skating Bldg 297, 4-6 pm	25 DV Conference, Anchorage 8 am - 5 pm Red Ribbon YS Wacky Obstacle Course Bldg 297, 4-6 pm Celebrate Families Ice Cream Social YS Bldg 297, 7-9 pm	26 Red Ribbon YS 5/6th Grade Dance 6-8:15 pm, Teen Dance & Workshop "Dating & Violence Awareness" 8:30-10:45 pm Bldg 297 YS Anti-Violence Vigil Bldg 297, 6:30-8:30 pm DV Training for Comma- nd/Leadership Loca- tion TBA 11 am - 1 pm Red Ribbon Family Pool Party, BPFC Pool 7-9:30 pm	27 Red Ribbon YS Parent/Youth Crafts Bldg 297, 3 pm
<div style="text-align: center;"> FRA Red Ribbon Celebration </div>						
28 Time  Change	29 Red Ribbon YS 5 on 5 Basketball Bldg 297, 4-6 pm	30	31 Brown Bag Video Series "Exceptional Family Members" Bldg 337 FAP Library 11:45 am - 12:45 pm Red Ribbon YS Halloween Carni- val/Costume Con- test Bldg 297, 4-6 pm	<div style="text-align: center;"> Domestic Violence Awareness & Red Ribbon Celebration  </div>		
<div style="text-align: center;"> Red Ribbon YS Haunted House Bldg 297, 4-7 pm </div>						
<div style="text-align: center;"> FRA Red Ribbon Celebration </div>						

Country Night

October 20



at the Down Under,
9 pm. (\$5 cover if
live band). Call
Mary at 384-7619
for more info.



Presents:

HomeChoice Seminar

October 6, 8 am - 5 pm

ACS Bldg. 337, Ft. Richardson

You must pre-register, call 330-8437

www.ahfc.state.ak.us

Civilian Alcohol Education Employee Training - October 5

Bldg 1113 basement, 10-11:30 am.

Topics: Can you tell if someone you know has a drinking problem? What if it is a family member? Where can I go for help? What can I do to help the person? Call Aaron for info, 384-1411.

Youth Sports

NIKE SWOOSH Club Members

Wanted - YS Sports is looking for members to participate in the NIKE SWOOSH Club. NIKE SWOOSH Clubs are teen leadership groups that provide physical fitness, interest in sports and the potential for athletics-related careers. Held in Boys & Girls Clubs and Military Installations YS Centers across the U.S., NIKE SWOOSH Clubs enroll males and females ages 13 and older. Members meet regularly to learn about sports and fitness-related issues, both inside and outside their respective Clubs. Teen NIKE SWOOSH Club leaders are trained to coach, officiate, keep score books and clock, conduct and assist staff with sports clinics and camps. NIKE SWOOSH Club members who complete at least 25 volunteer hours are eligible to attend a NIKE Sports Leadership Camp held annually in a different location in the U.S. Call 384-1508/384-1516 to become a member or stop by YS Bldg 297 to talk with the sports staff about the program, see you there!

YS Volunteer Basketball Coaches

Wanted for the upcoming season. We will train you, certify you, and provide you with all the required equipment/supplies needed to become a qualified youth coach. YS is a member of the National Youth Sports Coaches Association (NYSCA). Call 384-1516 to volunteer, "We Do It For The Kids".

Youth Sports continued on pg 9

**Main Street
Food Court
Home Delivery
on Ft. Richardson &
Elmendorf**

**Anthony's Pizza
Churchs Chicken
Robin Hood
Cinnabon**

753-4211

Free Delivery

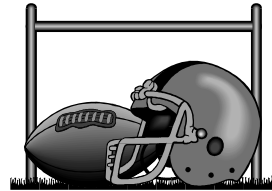
7 days a week, 4-10 pm



IT'S KICK OFF TIME

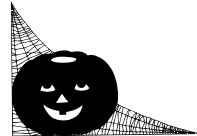
MONDAY NIGHT

Football



Every Monday after work

at the Down Under lounge, located in the basement of Bldg 655 (JRETC Bldg). Snacks available. Big Screen TV & Multiple TV's. Nightly Drawings. For more info, call Mary at 384-7619.



**Dyea Ski Rental
Opens October 18**

Dyea Ski has a snack bar, video games, great sledding hill, beginning ski hill, and groomed cross country ski trails. Now is the time to rent your seasonal down hill & cross country ski package rentals. Other daily rentals include snowboards (board only), skate skis, ice skates, inner tubes for sledding, snowshoes and ice augers. Watch for upcoming ski school lessons in November. Dyea Ski Rental is located on Dyea St, Bldg 470. **New operating hours:** Thursday - Monday: 11 am - 7 pm. Closed Tuesday & Wednesday. For more info, call 384-2960 or 384-1475.

Ski Tuning Special
skis p-texed, sharpened
&
hot waxed)
\$25 a pair

The Outdoor Recreation Center fall hours are Monday - Friday: 7:30 am - 4:30 pm. Winter rentals include snowmachines, ice fishing, cabin rental, RV storage and more. For more info, call 384-1475/1476.

Athletics/Fitness

Buckner Physical Fitness Center 384-1304/1306

Athletic & Rec Meeting, October 2, 1 pm

Post Wrestling Meet (Men Only)

Sign up deadline, October 5

Weigh-in, October 8, 4-4:30 pm

Date of Competition, **October 9**, 7 pm

Pre-Season Basketball Tournament (Men & Women)

Roster Deadline, October 8

Organizational Meeting, October 10, 1 pm

Types of Play, Double Elimination

Dates of Competition, **October 11-19**

Intramural Basketball (Men & Women)

Roster Deadline, October 4

Organizational Meeting, October 10, 1 pm

Proposed Start Date, **October 22 - Feb 15**

Intramural Indoor Soccer (Joint)

Roster deadline, October 19

Organizational Meeting, October 23, 1 pm

Dates of Competition, **October 26-Apr 12**

Post Swim Meet (Men & Women)

Roster Deadline, October 18

Registration, October 24, 6-9 pm

Organizational Meeting, October 2, 1:30 pm. **Eligibility:** military units and family

members 16 years and older.

Meet Date, **November 1**, 5:30 pm. Pool will be closed at 4 pm.

Military Training Holiday Hours:

October 5, 9 am - 7 pm

Federal/School Holiday Hours:

October 8 (Columbus Day), 9 am - 7 pm

October Highlight

Massage Therapy

Relax Your Cares Away, with Professional Licensed Therapists

Therapists offer 1 hour & 1/2 hour massage sessions, in a nice warm relaxed atmosphere. Open to all authorized users. Cost: \$30 - 1/2 hour, \$45 - 1 hour, \$65 - 1-1/2 hour.

Massage techniques available:

- Swedish Massage
- Core Myofascial Therapy
- Passive Stretching
- Hawaiian Lomilomi
- Reiki
- Hydrotherapy
- Deep Tissue

To schedule an appointment, call

Beth Marie, 689-7999

Jane Gnass, 563-9403, LMT, NCTMB



Aquatics

Office 384-1301, Recording 384-1302

Sorry No Youth Swim Lessons for October 2001

Military Training Holiday Hours: October 5, 11 am - 4:30 pm

Federal/School Hol Hours: October 8 (Columbus Day), 11 am - 4:30 pm

The Pool will be closed October 9-14 for Staff Training

Pool Information

Kiddy Pool

Monday thru Friday: 6am -1 pm, 1:30-4 pm, 4:30-6:30 pm and 7-9:30 pm, (non holidays).

Saturday, Sunday & Holidays: 11 am - 1 pm and 1:30-4:30 pm.

Eligibility

Anyone at anytime except during swim lessons and when the pool is closed. Little children do have priority. Parents at no time should leave their children unattended. Parents will be in the water with their children who are unable to stand up in every area of the kiddy pool by themselves.

Red Ribbon Family



October 26, 7-9:30 pm

Games - Prizes - Treasure Hunt

For more info, call Cheri, 384-7366.

Post Swim Meet November 1

See Info above under Athletics/Fitness

A Special Thank You

to the supporters of the Newcomers' Briefing.

COSTCO

Welcomes USARAK soldiers and their families to Ft. Richardson and Anchorage.

A Special Thank You

to the supporters of the Newcomers' Briefing.



Call about the **\$17.50 "Big Deal."**

This special is for military ID holders signing up for new memberships. (A \$50 value) Call Yolanda at 276-6803 for information.

6 ♦ Education

Education Opportunities - 384-0970



Receive College Credits for your Military Training

Promotion board coming up? Want to get credit for your military training? If so, you should contact the Ed Center as soon as possible to start the process for having your military training and experience converted to college credit. It takes time to get an official evaluation completed so it is never too soon to get started. Remember that you must have taken one or two classes, depending on the college or university, to request an official evaluation. The additional promotion points could make the difference in getting that next stripe.

Receive Promotion Points for Passing CLEP and DSST Tests

Also remember that you may obtain promotion points for passing College Level Examination Program (CLEP) tests and DANTES Subject Standardized Tests (DSST). There are over 70 tests available at no cost to soldiers. Each test carries from 3 to 6 semester hour credits. Sample tests and info pamphlets, as well as study guides and materials are available at the Learning Center. Remember that these tests are free to soldiers.

Deadline Approaches to Convert from VEAP to MGIB

A reminder that the deadline for converting from the Veterans Education Assistance Program (VEAP) to the Montgomery GI Bill (MGIB) is **October 31**. Don't miss out on this opportunity to increase your VA educational benefits.

Please contact the friendly folks at the Education Center for more information. Call 384-0970 or visit Bldg 658 (Kiska Hall), Monday thru Friday: 7:30 am - 5 pm, Thursday: 11 am - 5 pm. No appointment necessary.



Music Appreciation Class at the University of Alaska

Anchorage (UAA) Music Appreciation will be offered at lunch time. Sign up now for October classes. Call 428-1228 for more info.



New Location for Wayland Baptist University (WBU)

Wayland Baptist University has moved to their new location. Come and see the counselors for info about the many programs Wayland has to offer. Call 428-1496 for more info.



University of LaVerne Office Hours in Kiska Hall

The University of LaVerne is open Tuesday from 9 am - 5 pm, and Thursday 10 am - 6 pm. Call 428-1616 for info about Master Degree Programs.

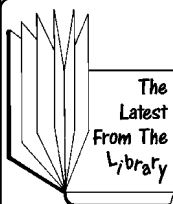
**Thank you Subway for supporting
the Newcomer's Briefing!**

SUBWAY
eat fresh.

**Convenient locations to
Ft. Richardson on Muldoon,
Boniface and in Eagle River.**

Employment opportunities available at all locations.

From your Friends at the Post Library - 384-1640



8 computers for e-mail accounts, net use and word processing.

Printers and copier (first 10 copies free, per person, per day).

Dedicated line for visitors with laptops that want to download their e-mail from home.

Microfiche reader/printer.

Updated, online databases available for research.

Over 45,000 books.

Magazines, newspapers and a one for one paperback swap.

Current Bestsellers.

Interlibrary Loan service with access to libraries worldwide.

Large children's section.

Video tapes for checkout at no charge.

Books on tape.

Compact Discs



Website of the Month: www.acinet.org/acinet. A comprehensive source of occupational economic info to help you make informed career decision.

October History from your Post Library

In the North Temperate Zone, the first frost usually occurs in October. Farmers bring in the fall crops and store them or ship them to market. A Few fruits, such as apples and grapes, are still on trees and vines in some areas. The cold weather does not come to stay and days of warm, hazy sunshine still appear. They inspired poets to sing the praises of October and Indian summer. Leaves change to brilliant crimson, russet, and gold. Wild asters, goldenrod, and fringed gentians bloom at this time. The frost kills many insects, and most birds have left for the South. However, the seedeaters remain as the fields and meadows are rich with seeds.

Important past October events include:

Oct 4th, 1957 Russians launched the first artificial satellite.

Oct 8th, 1871 Chicago fire began and burned about 30 hours.

Oct 18th, 1867 The United States flag was formally raised over Alaska.

Oct 23rd, 1942 British began offensive at Elamein in Egypt in WWII.

1944 Battle for Leyte Gulf in the Philippines began in WWII

Come by the post library and delve into our many resources for researching these and many more important events of October.

Arts & Crafts - 384-3717/3719

Ceramics - 384-3419

Frame Shop - 384-3417

Wood Shop - 384-3418



October Specialty Classes



Ceramic Classes

October 11 & 26 Pouring Certification Class, 6-9 pm

October 6 & 20 Pick & Paint, 2-5 pm

October 4 & 18 Customer Create Help Day, 2-5 pm

October 13 Kids Day Halloween, 2-5 pm

Monthly Ceramic Classes: 1st Thursday - Glazing, Mixing, Airbrush and specialties. 3rd Thursday - Drybrushing, Airbrushing, and Animals/Scenes. 1st Friday - Bronzing. For more info, call Peggy Bertrand, 384-3419

Wood Shop Class

October 12 The Table Saw, 7 pm

You must attend a safety class before you can use the Wood Shop. Classes every Thursday, 7 pm, and Saturday, 10:30 am.

Basic Matting & Frame Class

Thursday, **October 4, 18 & 25**, \$30, 6 pm

Saturday, **October 20**, 10 am.



Arts & Auto Craft Center Closed October 11
(in observation of Columbus Day)

Auto Skills Center - 384-3718

Paint Bay - \$50 per day w/\$50 refundable deposit. (Boats, ATV, motorcycle, car & trucks).

Wheel Alignment - \$50 per vehicle - 4 wheel alignment, \$25 per vehicle - 2 wheel alignment

4 Vehicle Lifts - Stop by and change your oil, brake shoes, or whatever you like to tinker on. It's a great place to learn automotive skills while saving money!

Body Work - Use the Auto Shop body bay to remove all that rust on your vehicles.

Emission Inspections FEE \$33

(I/M Test \$15, Certificate \$18)

Appointments Only (No pass - No pay)


Lowest price in the Anchorage/Matsu Area! **Call for an appoint**

Armed Services YMCA - 384-9622

Free U.S. Army Field Band & Soldier's Chorus - October 2-15 Free performances will be presented in Anchorage at the PAC, open to the public. Music that will "Stir Patriotic Emotions". Watch your local paper for more info.

Spouses Day Out Adult Enrichment & Craft Classes at Bldg 337, Rm 21, 9:30-11:30 am. Contact Teri at 384-9622 to reserve your spot. See pg 9 under "Fun Activities for Adults".

Military Charter Special Renown Charters & Tours is offering Free transportation to Seward with the purchase of a 6 hour cruise into the Kenai Fjords National Park to Holgate Glacier (lunch included). Cost \$109.

 The ASYMCA Welcome Center has all your storage and surrounding cities. From the hottest parties and entertainment to the best trips and tour brochures.

Entertainment

Down Under Lounge - 384-7619, Bldg 655 Full Bar - Dancing - Pool - Darts - Video Games

♦ **Oktoberfest - October 13**, (see pg 2)

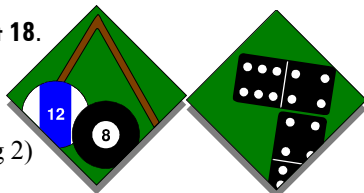


♦ **Monday Night Football**, 4 pm. Big Screen TV - Weekly Drawings! Companies/large parties welcome. Please call Friday before for staffing. (see pg 2)

♦ **NEW - Game Night - October 4 & 18.**

Every 1st & 3rd Thursday, 5 pm.

Pool - Dominoes - Spades



♦ **Country Night - October 20** (see pg 2)

Rent the Down Under Lounge

Have your next event/party at the Down Under. Reasonable Rental Rates. Any day or night but Friday. Bartender available at no charge. Book one of our DJ's or find one of your own (must have own equipment). **Rent 4 hours get the 5th free.**

♦ **Open every Friday** 3 pm.

♦ **Saturday** open 9 pm, unless rented, or special event.

Call Mary at 384-7619 to rent the lounge. E-mail mary.hastings@richardson.army.mil.



OKTOBERFEST

October 13

Following the 20th Annual Retiree Appreciation Day (see pg 2)

Better Opportunity for Single Soldiers (BOSS)

**BOSS Meetings Friday -
October 12 & 26**, Down Under
Lounge, 1 pm.



8 ♦ Soldier & Family Services

Army Community Service (ACS)

384-1517/1518

October 2001 - Domestic Violence Prevention Month (see page 3 for calendar of events)

"Get to Know Your ACS Program"

October 12, Bldg 337, 11 am. The "Get to Know Your ACS" program is designed to assist the Senior NCO chain on the preferred and proper method for referrals and identification of problem areas of soldiers and family members. This is a great opportunity to let them tell us what they want and need from Army Community Service, as well as our opportunity to tell them what we can do for them. Presenter: Pascal Lambert, Family Advocacy Program (FAP) Manager. "Victim's: They too Have Rights".

Marriage & Family Education

Army Family Team Building (AFTB) Level II - October 10 & 11, Bldg 1, Goldmine Rm, 9 am - 3 pm. *RSVP for Childcare*, call Wendy Newman 384-1513.

Family Readiness Group (FRG) - October 23, Bldg 337, 1-3 pm. for more info, call 384-1517.

Food Allergy Parent Support Group Meeting - October 11, Bldg 337, 6-8 pm. For more info, call Monica Byrd 384-0225.

Exceptional Family Member Program (EFMP) - If you have, or are an Exceptional Family Member and would like to talk with families who have had similar experiences, come be a part of the EFMP Support Network. Signing up for the network is voluntary but the benefits are great. Call Monica Byrd, 384-0225.

Nutritional Education

Nutritional Cooking Class - October 1, 15, 22 & 29, Rm 20, 2-4 pm. Learn nutritional ways to stretch your budget. "Hands-on" experience in preparing tasty, healthy meals. *Registration required*, call Karen 384-1517.

Family Subsistence Supplemental Allowance (FSSA) & Army Emergency Relief. To see if you qualify for FSSA, visit ACS or call SSG Green, 384-7478.

Women, Infants & Children (WIC) Program - ACS Bldg 337, Rm 20, Mon-Fri: 8 am - 12 pm and 1-5 pm. Stop by and see if you are eligible for WIC services (free daily products, juice, cheese, and cereals; nutritional info and loaner breast pumps. Call David Brown or Amy Van Splunder, 384-2033.

Self Help

Stress Management - October 2, 9, 16, 23 & 30, 1-3 pm.

Anger Management - October 3, 10, 17, 24 & 31, 1-3 pm.

Available thru individual or group sessions, **FAP Clinic, Bldg 602, Rm 230**. Keep getting in "hot spots" at work and home? Develop skills to cope with stress and anger as well as identifying and rearranging irrational thinking, assertive communication, conflict resolution, negotiation and relaxation techniques. Call Paula Sayler to register 384-6782.

Self Help continued.

Stress Reduction thru Yoga - Free Classes **October 3, 10, 17 & 26**, Buckner Physical Fitness Center, 11:30 am - 12:45 pm. Come breathe, stretch, balance and relax. All levels of experience and ability. Please wear loose clothing, bring a towel and 2 blankets. Call Paula Sayler for info 384-6782.

Parent & Newcomers Orientations & Conferences

HOT! Parent Conferences - **October 15-19** for the Child Development Center (CDC), Bldg 6. Sign-up with classroom teacher for appointments throughout the week.

Newcomers Orientation, Info Fair & Bus Tour -

October 3 & 4 and October 17 & 18, Bldg 337, Rm 21. Orientation & Info Fair, 9 am - 3 pm. Complimentary lunch, 11:30 am. For active duty soldiers & their family members. Call 384-1517.

OBGYN Orientation - October 3, 10, 17, 24 & 31, EAFB Hospital, 8 am. Learn about the FRA Families First Program. Professionals provide assistance and parenting hints. Call Carol McGuffee for info, 384-7508. *Reservations required 580-1401*.

Child Development Center (CDC) Parent Orientation **October 3 & 17**, Bldg 6, 9-10 am for new CDC enrollments. CDC is a NAEYC accredited program. Contact 384-0686.

Parent Advisory Support Council (PASC) Meeting

October 10, for all Child & Youth Services and SAS parents, Bldg 337, Rm 9, 11:45 am - 1 pm. *Lunch is provided*. Come be a voice for our children. **HOT! Parents - Free child care is now available (24 hour notice required)**, call Central Registration 384-7483.

Part Day Program (PDP) Parent Orientation - **October 10 & 24**, Bldg 337, Rm 9, 9:30 am for new PDP enrollments. PDP is a NAEYC accredited program. Child care call 384-1510 for info.

YS New Parent & Youth Orientations - October 6 & 20, Bldg 297, 1 pm, or call Tom Dinkins at 384-1508 to schedule an alternate time.

Family Child Care (FCC) Parent Orientation - **October 5**, 11:45 am - 12:45 pm, Bldg 337, Rm 9, for new FCC enrollments. *Child care is not provided*. Info 384-1500 for info.

Family Child Care (FCC) Provider Pre-Orientation

October 5, Bldg 337, Rm 9, 3:30-4:30 pm. All provider applicants who plan to attend the FCC Provider Training **October 10-16**, are required to attend this pre-orientation. Child care is not provided. For additional info and reservations, call 384-1500.

Family Child Care (FCC) Providers Needed for

Infant & Toddler subsidized homes to operate between the hours of 6 am - 6 pm. Part Time and Hourly Care homes are also needed. Stop by the FCC office, Bldg 337, Rm 8 to pick up an application. *Child care is provided* during FCC Training Classes on a first come, first served basis. A 40 hour provider training class will be held **October 10-16**. Call 384-1500 for info.

Soldier & Family Services ♦ 9

Parenting Classes

The following classes are located in Bldg 337, FAP Library.

Pre-registration required. Call Carol McGuffee, 384-7502/7508.

Single Parent Support Group - October 4, 11 & 25, 1-3 pm.

123 Magic - October 10 & 17, 1-3 pm or 6:30-8:30 pm.

Positive Discipline - October 16, 1-3 pm or 6:30-8:30 pm.

Fun Activities for Parents & Children

HOT! Fall Harvest Festival - October 26 at the Child Development Center (CDC), Bldg 6. Come and join with CDC for an afternoon of fun-filled activities. The festivities start at 3 pm.

Community Romp' N Stomp (Indoor Children's Gym) (children up to school age). The program is available to registered parents every Tuesday & Thursday Bldg 337, 1:30-3 pm.

FCC Romp' N Stomp - available for FCC providers every Tuesday & Thursday, 10-11:30 am. **Reservations are required for program usage.** For info how to register, or to make reservations for the program, call Central Registration, 384-7483.

Children's Aqua Play (6 months to age 5) - October 3, 10, 17, 24 & 31, BPFC Pool, 9:30-11 am. "Come swim and play with your children". Call Carol McGuffee 384-7508.

Pooh's Play Group (infants to age 5) - Tuesday and Friday, Bldg 337, Rm 20, 9:30-11 am. Make new friends while your children play with their children. Free snack provided. Call Karen 384-1517, or Carol 384-7508 for info.

Fun Activities for Adults

Hot! Spouses Day Out - October 11 & 25. Free craft classes for military spouses during those cold months available at ACS, Bldg 337, 9:30-11:30 am. You can sign up at FRA ASYMCA office, call Teri Graham, 384-9622 to reserve your slot. Come out, meet new friends, and learn new crafts and hobbies. If you are talented in a particular craft and would like to volunteer to come out and teach one of the classes, please call Teri.

Scrap Booking - October 1, 15, 22 & 29, Bldg 337, Rm 20, 5:30-9:30 pm. Get those photos organized. For info, call Karen 384-1517.

Knitting - October 4, 11, 18 & 25, Bldg 337, Rm 20, 7-9 pm. For more info, call Karen 384-1517.

Quilting Class - October 13, Bldg 337, Rm 20, 9 am - 2 pm. For more info, call Karen 384-1517.

Thrift Savings Plan (TSP) Opens - October 9 thru December 8, for Uniform Services. For additional info, call ACS or SSG Green, 384-7478.

Child & Youth Services (CYS)



CYS Central Registration Office is located in Bldg 337, Rm 7. Open Monday thru Friday, 8 am - 5 pm. There is an annual administrative fee of \$15 per child, with a maximum fee of \$35 per family payable at the time of registration. Info, call 384-7483.

Preschool & School Age Programs

Part Day Program in Bldg 337 offers a variety of early childhood education programs for children of preschool age. Pre-school options include Toddler Time for 2-year olds and a variety of 3-hour, 5-hour and 9-hour classes for 3-5-year olds. Before and After School Kindergarten program available. For info on space availability, call the Central Reg Office 384-7483.

SAS Before & After School Care - SAS is located in the YS Bldg 297. **HOT! SAS will operate on a full day schedule October 26 (school in-service day), 6 am - 5:30 pm.** The program operates Monday - Friday. Before School Program: 6-9 am (includes breakfast at 8 am). After School Program: 3:30-5:30 pm (includes afternoon snack at 4 pm). Parents have the option of enrolling in the Before or After School or Both Before and After School Program. Fees are based on Total Family Income (TFI). To enroll you must schedule with CYS Central Reg, 384-7483.

Computer Lab & Tutor - The Computer Lab and Tutor is available. Call 384-1508 for more info.

USDA Food Program - Child and Youth Services is pleased to announce it's participation in the USDA Food Program for all participants in any of the Child and Youth Services programs. This will include the following CYS programs, Child Development Center, Part Day Programs Preschool, Hourly Care, and School Age Services and all Family Child Care Homes on Fort Richardson. All participants of these programs regardless of race, color, national origin, sex, age or disability will receive breakfast, lunch and p.m. snack free of charge if they are in the program at the time of the meal service. Any individual who believes that he or she has been discriminated against should immediately write to USDA Director, Office of Civil Rights, Room 326 W, Whitten Building 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).

Child Care Info

FCC Hourly Care - is offered by in-home child care providers for children 6 weeks - 12 years of age. A fee of \$2 per child is charged for each hour of care provided. Children must be fully registered thru the CYS Central Reg Office. Call 384-7483.





Hourly Care - for children 6 weeks to 12 years, in the Part Day Program, Bldg 337, 8 am - 4:30 pm, \$3 an hour. **Reservations required and may be taken up to 2 weeks in advance, call 384-1510. HOT! Beginning October 1, usage is available 5 hours per day maximum with 25 hours per month maximum limit.**

Youth Sports

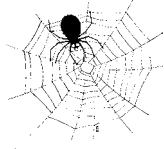





Youth Basketball Officials Wanted - YS Sports & Fitness Program is looking for Youth Basketball Officials to officiate Basketball Games for the 2001/2002 season. The YS Sports Dept is authorized to certify youth ages 13 and older to become Youth Sports Official and become a member of the National Youth Sports Officials Association (NYSOA). The program will train youth volunteers officials and provide them with detailed info on the skills, fundamentals, and common program areas of officiating. For further info about the program or to sign-up to become a certified sports official call Jerry Washington, 384-1516.

10 ♦ Y. S. Adventures

1st - 4th and 5th & 6th Grade - 384-1508

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Coed Fitness 4-5PM COPE Mon-Fri 9AM-3PM Homework Mon-Fri 4-6PM	2 Nike Hoops 4-5PM	3 Arts/Crafts 4-6PM Sewing Club 4PM Nike Hockey 4-5PM	4 Photo Club 5:30PM Chess Club 4PM Coed Fitness 4-5PM Nails 4-6PM	5 Arts/Crafts 4-6PM Nike Challenge 4-6PM OAC Mtg. 6PM	6 1st-6th Sewing 1-3PM Parents Invited 1st-4th Welcome Harvest Crafts 1-3PM
7 WINTER HOURS 1ST-4TH GRADE SATURDAY ONLY 12-4PM	8 <i>Columbus Day</i>  Closed	9 Nike 3 Point Shootout 4-5PM	10 Nike 2 on 2 Basket Ball 4-5PM Arts/Crafts 4-6PM	11 Photo Club 5:30PM Chess Club 4PM Coed Fitness 4-5PM Fly Tying 6-7:30PM	12 Nike Challenge 4-6PM OAC Camp Out Ice Climb the 12th & 13th	13 Family Skate 1-3PM Scouts Invited
14 WINTER HOURS 5TH-6TH GRADE MONDAY - FRIDAY 3:45-6pm SATURDAY 12-5PM	15 Coed Fitness 4-5PM COPE Mon-Fri 9AM-3PM Homework Mon-Fri 4-6PM	16 Nike 4 Square 4-5PM	17 Arts/Crafts 4-6PM Sewing Club 4PM Nike Tennis 4-5PM	18 Photo Club 5:30PM Chess Club 4PM Coed Fitness 4-5PM Nails 4-6PM	19 Red Ribbon 3-3 Basket Ball 4-6PM	20 5th/6th Red Ribbon 5-5 Basket Ball 3PM 1st-4th Parent/child Arts/Crafts 3PM
21 OAC rock Climbing @ Alaska Rock Gym 0900	22 Red Ribbon 3-3 Girls Basket Ball 4-6PM Computer Lab 4-6PM COPE Mon-Fri 9AM-3PM	23 Red Ribbon Parent /Child Crafts 4-6PM Nike Football 4-5PM	24 Nike Whippelball 4-5PM Red Ribbon Skating 4-6PM	25 Photo Club 5:30PM Chess Club 4PM Fly Tying 6-7:30PM Red Ribbon Wacky Obstacle Course 4-6PM	26 Anti-violence Vigil 6:30-8:30PM Nike Challenge 4-6PM Red Ribbon Dance 6-8:15PM	27 5th/6th Red Ribbon Crafts 3PM Parents Invited 1st-6th Sewing 1-3PM Parents Invited 5th /6th Project: Make A Difference Day 1PM
Time Change 	28 COPE Mon-Fri 9AM-3PM Red Ribbon Coed 5-5 Basket Ball 4-6PM Homework Mon-Fri 4-6PM HAUNTED HOUSE 4-7PM	30 HAUNTED HOUSE 4-7PM	31 HALLOWEEN *Carnival/Costume* Contest 4-6PM HAUNTED HOUSE 4-7pm	RED RIBBON WEEK OCT 19-31, 2001 		

7th-12th Grade & Outdoor Adv Program 5th-12th Grade - 384-1508

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WINTER HOURS 7TH-12TH GRADE MONDAY - THURSDAY 2-8PM FRIDAY 2-11PM SATURDAY 12-8PM	1 Coed Fitness 4-5PM COPE Mon-Fri 9AM-3PM Homework Mon-Fri 6-7:30PM Monday Night Football 7PM Admission 1 Candy Bar	2 Nike Hoops 4-5PM TLC Mtg. 6PM	3 Arts/Crafts 4-6PM Sewing Club 6PM Nike Hockey 4-5PM	4 Photo Club 5:30PM Chess Club 4PM Coed Fitness 4-5PM Nails 4-6PM	5 Arts/Crafts 4-6PM Nike Challenge 4-6PM OAC Mtg. 6PM	
7 	8 <i>COLUMBUS DAY</i>  Closed	9 Nike 3 Point Shootout 4-5PM	10 A is for English 6PM Nike 2 on 2 Basket Ball 4-5PM Arts/Crafts 4-6PM	11 Photo Club 5:30PM Chess Club 4PM Coed Fitness 4-5PM Fly Tying 6-7:30PM	12 Nike Challenge 4-6PM OAC Camp Out Ice Climb	13 OAC Camp Out Ice Climb
	15 Coed Fitness 4-5PM COPE Mon-Fri 9AM-3PM Homework Mon-Fri 6-7:30PM Cooking Club 5:30-7PM	16 Nike 4 Square 4-5PM	17 Arts/Crafts 4-6PM Sewing Club 6PM Nike Tennis 4-5PM	18 Photo Club 5:30PM Chess Club 4PM Coed Fitness 4-5PM Nails 4-6PM	19 Fashion and Talent Show 6-9PM Red Ribbon 3-3 Basket Ball 4-6PM	20 Red Ribbon 5-5 Basket Ball 3PM TLC Anchorage Aces Hockey Game 6PM
21 Red Ribbon 3-3 Girls Basket Ball 4-6PM Positive Peer Computer Lab 5-7PM COPE Mon-Fri 9AM-3PM	22 Red Ribbon Parent /Child Crafts 4-6PM TLC Creative 6PM	23 A is for English 6PM Nike Whippelball 4-5PM Red Ribbon Skating 4-6PM	24 Photo Club 5:30PM Chess Club 4PM Fly Tying 6-7:30PM Red Ribbon Wacky Obstacle Course 4-6PM	25 Anti-violence Vigil 6:30-8:30PM Nike Challenge 4-6PM Red Ribbon Dance 8:30-10:49PM	26 Project: Make A Difference Day 1PM Red Ribbon Crafts 3PM Parents Invited	27
Time Change 	28 COPE Mon-Fri 9AM-3PM Red Ribbon Coed 5-5 Basket Ball 4-6PM HAUNTED HOUSE 4-7PM	30 HAUNTED HOUSE 4-7PM	31 HALLOWEEN *Carnival/Costume* Contest 4-6PM HAUNTED HOUSE 4-7pm	RED RIBBON WEEK OCT 19-31, 2001 		

Community Highlights ♦ 11

October 2001 Closures

October - Moose Run Golf Course Closes TBA
 October 5 - Military Training Holiday
 October 8 - Federal/School Holiday (Columbus Day)
 October 9-14 - BPFC Pool Closed for Staff Training
 October 11 - Arts & Auto Crafts Shop Closed
 October 26 - School Closed (In-Service Day)



November 2001 Highlights

November - National Native-American/Alaskan Heritage Month
 November 1 - Post Swim Meet
 November 2 & 3 - Officer's Spouse's Club Country Fair
 November 12-18 - Children's Book Week
 November 19-23 - National Army Family Week



Army Career & Alumni Program Center (ACAP) Bldg 602, Rm 142.

Preseparation Counseling Checklist appointments or workshop reservations, call Al Griswold, ACAP Counselor at 384-3501. Tom Hertzog, Veterans Rep from the Alaska Employment Office, is available for individual counseling appointments, call 384-7650. Retiring soldiers call Gail Scarborough, Retirement Services Officer to schedule a Pre-retirement Workshop and Survivor Benefit Plan (SBP) Briefing, call 384-3500.

Open to: all service members (active duty/retirees, DA civilians & family members). **September 2001 Workshop & Seminar Schedule**
 October 2 - Preseparation Orientation, Mandatory preseparation ETS briefing (active duty 90-180 days prior to separation), 1:30-4:30 pm
 October 3 - Resumix & Application Preparation, 1-3 pm
 October 9 & 10 - DOL/Transition Assistance Workshop, 9 am - 4 pm
 October 12 - VA Representative, 10-11:30 am

Post Specials & Community Info

October - Breast Cancer Awareness Month
Domestic Violence Prevention Month (see pg 3)
National Crime Prevention Month (see pg 2)
National Disability/Employee Awareness Month
Substance Abuse Prevention Month (Red Ribbon) (see pg 3)



October 2 - Soldier of the Month (SOM) Breakfast, JRETC, 6:30 am

October 2-15 - Free U.S. Army Field Band & Soldier's Chorus, 65 member Band with 30 singers. Open to the public at the PAC.

October 4 & 18 - Game Night, Down Under, (see pg 7)

October 5 & 6 - 35th Annual Oktoberfest, Egan Center

October 7-13 - National Fire Prevention Week, (see pg 2)

October 8 - Columbus Day (observed)

October 9 - Post Wrestling Meet, BPFC, 7 pm



October 9 - December 8 - Thrift Savings Plan (TSP) Opens, (see pg 9)

October 9 & 10 - Town Hall Meeting, Post Theater, 6 pm

October 11 - Spouses Day Out, Free craft day, Bldg 337, 9:30 am

October 11-19 - Pre-Season Basketball Tournament, BPFC

October 12 - PLDC Graduation, Post Theater, 11 am

October 12 - Fire Department Open House, (see pg 2)

October 12 & 13 - Nye Frontier Hockey Classic, Sullivan

October 13 - Volksmarch, 20th Annual Retiree Appreciation Day, & Oktoberfest, (see pg 2)

October 14 - Barry Douglas, Piano w/Camerata Ireland, PAC, 4 pm

Thru October 15 - National Hispanic Heritage Month

October 15-19 - Child Development Center (CDC) Parent Conferences

October 16 - NATIONAL BOSS DAY

October 16 - Commissary/PX Advisory Council, PC Conf Rm, 1 pm

October 16 & 17 - 8th Annual Info Technology & Business Expo, Egan, 10 am

October 17 - AUSA Regional Army Civilian of the Year Awards Luncheon

October 17 - Retiree Council Meeting, Bldg 602, Rm 144, 7 pm

October 18 - Alaska Day

October 18 - Dyea Ski Rental Opens, (see pg 4)

October 19 - Otherwise Known as Sheila the Great, Alaska Junior Theater's Family Series, PAC Discovery Theater, 7:30 pm

October 19-20 - Miami City Ballet in "JEWELS", PAC, 7:30 pm

October 19-31 - FRA Red Ribbon Celebration, (see pg 3)

October 20 - Country Night, Down Under (see pg 4)

October 22 - February 15 - Intramural Basketball, BPFC

October 23 - Community Action Council (CAC), JRETC, Bldg 655, 9:30 am

October 25 - Spouses Day Out, Free craft day, Bldg 337, 9:30 am

October 26 - School In-Service Day, (End of 1st Quarter)

October 26 - April 12 - Intramural Indoor Soccer, BPFC

October 27 - Hillberg Ski Club Ski Swap, EAFB Hillberg Ski Lodge, 10 am - 4 pm. Call 428-1649 for more info



October 27 - 4th Annual Oktoberfest, Alyeska Resort, Girdwood

October 28 - Daylight Savings, (set clock back 1 hour)

October 28 - 5th Annual Fall Harvest Brunch, EAFB Susitna Club, 10:30 am - 2 pm. \$11.95 adults (non-members \$14.95), \$4.95 youth ages 6-12, children 5 and under free. Call 753-3131 for info

October 31 - HALLOWEEN

October 31 - 7th Annual Halloween Family Concert, PAC, 7 pm

November 1 - Post Swim Meet, BPFC

Thru November 2 - Combined Federal Campaign (CFC)



CRAFT FAIR

October 5-7 - Make it Alaskan Festival Craft Fair, Sullivan Arena

October 13 - Holiday Shopping Extravaganza, 19806 S. Montague Loop, Eagle River, 696-5415.

October 19-21 - United Alaska Artists Crafts Show, Northway Mall

October 20 - 16th Annual Craft Bazaar, EAFB Hangar 5, 9 am - 5 pm. **Open to the Public - Free Admission**

October 20 - Direct Sellers Bazaar, Loussac Library, 11 am - 4 pm.

November 2 & 3 - 23rd Annual Country Fair



"Officer's Spouse's Club",
 Buckner Physical Fitness Center
 November 2, 4-9 pm.
 November 3, 10 am - 4 pm.
Open to the Public - Free Admission

12 ♦ Activity Hours Of Operations

Activity	*New Hours	Hours of Operations	Phone #
Army Community Service		M-F: 7:30 am - 5 pm	384-1517/1518
Army Family Team Bldg384-1513,		Employment Readiness Prog384-6716, Exceptional Family Mbr Prog384-0225, Families First384-7508	
Family Advocacy Prog384-1006,		Family Readiness Group384-6736, Financial Readiness Prog384-7509, Loan Closet384-7485	
Relocation Readiness384-1515,		Victim Advocate384-0504, Volunteer Resource Council384-6736, Women, Infant & Children384-2033	
Army Emergency Relief		M-F: 7:30 am - 6 pm	384-7478
Arts & Crafts/Frame/Wood		Th/F: 12-9 pm, Sa/Su: 10 am - 7:30 pm, Cl M/T/W	384-3717/3719
Automotive Skills Center		Th/F: 12-9 pm, Sa/Su: 10 am - 7:30 pm, Cl M/T/W	384-3718
Barber Shops Bldg 602 (Welcome Center), Rm 137,		M-F: 9 am - 5 pm.....428-1229, Shoppette Bldg M-F: 9 am-7 pm, Sa: 9 am-5 pm, Cl Su ...	428-1221
Black Spruce RV Campground		(No reservations required, first-come, first-served)	384-7740
Buckner Physical Fitness Center		M-F: 5:30 am - 10 pm, Sa/Su/Fed/Tng Hol: 9 am - 7 pm, Front Desk & Equip/Tanning	384-1308
Sports			384-1304/1306
Pool		M-F: 6 am - 9:30 pm, Sa/Su/Fed/Tng Hol: 11 am - 4:30 pm, Office384-1301, Recording	384-1302
Center for Substance Abuse Programs (CSAP),		M-F: 7:30 am - 4:30 pm	384-1418
Adolescent Substance Abuse Counseling Svc (ASACS),		M-F: 7:30 am - 4:30 pm	384-0134
Chaplain (Post) LTC Curt Schlosser		M-F: 9 -11:30 am and 1-5 pm	384-1461
Child Development Services			
Child Development Center (Bldg 6),		M-F: 6 am - 5:30 pm.....384-0686, School Age Services (SAS) (Bldg 297),	M-F: 6 am - 5:30 pm 384-1508
Hourly Care Program (Bldg 337),		M-F: 8 am - 4:30 pm.....384-1510, Family Child Care (Bldg 337),	M-F: 7:30 am - 5 pm 384-1500
Part Day Program (Bldg 337),		M-F: 7:30 am - 4:30 pm.....384-1510, Central Registration (Bldg 337),	M-F: 7:30 am - 5 pm 384-7483
Civilian Personnel Advisory Center (CPAC)		M-F: 7:30 am - 4:30 pm, CPO384-1374, NAF	384-1379
Commissary (Anchorage Area) EAFB		M-Sa: 10 am - 8 pm, Su: 10 am - 7 pm	580-4425
Bakery580-3373, Deli		580-3397, Grocery580-1719/9998, Meat Dept	580-4433
Down Under Lounge		F: 5 pm-?, Sa: 7 pm-?	384-7619
Dyea Ski Rental		Th-M: 11 am - 7 pm, Cl Tu & W	384-2960/428-1309
Education, Army Continuing Education System (ACES)		M-F: 7:30 am - 5 pm.....384-0970/0968, Testing Office	384-0961
Learning Resource Center		M-F: 7:30 am - 10:30 pm, Sa: 9 am - 4 pm	384-0964
MOS Library		M-F: 8:30-11:30 am & 1-5 pm	384-0964
Food Court (Anthony's Pizza & Robin Hood Deli)		M-F: 10 am - 7 pm, Sa: 10 am - 5 pm, Cl Su.....428-1314, Free Home Delivery	753-4211
Hospital (EAFB) 3rd Medical Group, Tri-Care, Central Appointments			580-APPT(2778)
Family Practice ..580-2305, Tri-Care Customer Service Line ..1-800-242-6788, Emergency Room (ER)			580-5555
Pharmacy Phone Refills580-1170/1171, Hospital Pharmacy			580-6834
Info & Comment Line Ft. Richardson			384-INFO(4636)
Library, Post		M-Th: 11 am - 8 pm, Sa: 1-5 pm, Cl F/Su	384-1640/1648
Lodging (Billeting)		Open 24 hours a day (7 days a week).....(1-800-GO-ARMY1),	384-0421/0436
Military Mall (Joint) EAFB		M-Sa:9 am - 9 pm, Su: 10 am - 7 pm.....	753-4208/4209/4420/4422/6264
Cinnabon, Charlie's Steakery & Seattle's Best Coffee		M-Sa: 6:30 am - 9 pm, Su: 8 am - 7 pm; Anthony's Pizza, Church's Chicken & Robin Hood Deli	
M-Sa: 10:30 am - 9 pm, Su: 10:30 am - 7 pm; Frank's Franks		M-Su: 10:30 am - 7 pm; Clothing Sales:	753-4422
Hours of Ops for following Shops:		M-Sa: 9 am - 9 pm, Su: 10 am - 7 pm. Alterations Shop: 753-0533, AT&T Telephone Store, Barber Shop:	753-1344,
Beauty Shop: 753-1215, Flower Shop: 753-5252, General Nutrition Center (GNC): 753-7447, Gift Shop: 753-8500, Mail Boxes Etc: 753-4477,			
One-Hour Photo: 753-5331, Vista Vision Center: 753-7500, Watch & Jewelry Repair: 753-0256, Tu-Su:10 am - 7 pm, Cl M			
Moose Run Golf Course		M-F: 7 am-10 pm,Sa/Su/Hol: 6 am-10 pm, Driving Range opens 1/2 hour earlier then the Golf Courses...	428-0056
Omega World Travel		M-F: 9-6 pm	428-3500
Otter Lake Boat Rental & Snack Bar		Open 7 days a week, M-F: 11 am - 7 pm.....	384-6245/6250
Otter Lake Lodge (Reserve thru ODR)		384-1475/1476, Lodge (Bldg 65-505)	384-6246
*Outdoor Rec Center (REI) (Bldg 794)		M-F: 7:30 am - 4:30 pm.....	384-1475/1476/428-0001
Red Cross		M-F: 8 am - 4 pm.....Emergency Message 1-877-272-7337, Local office 552-5253	
Service Station (FRA)		M-F: 6 am - 8 pm, Sa: 8 am - 7 pm, Su: 10 am - 5 pm	428-1248/1249
Service Station (EAFB)		M-F: 7 am - 7 pm, Sa: 8 am - 6 pm, Su: 10 am - 5 pm	753-0166/7120
Seward Resort		Please call for Hours of Operations	1-907-224-2654/2659, Leave Message 1-800-770-1858
Shoppette/Class 6		M-F: 7 am - midnight, Sa: 8 am - midnight, Su: 9 am - midnight	428-2911/3190
Skeet/Trap/Sporting Clays, Archery (Bldg 45-100)		W: 4-9 pm, Th/F: 11 am-7 pm, Sa/Su: 10 am-4 pm, Cl M/T	384-1480
Thrift Shop (Bldg 5/Old PX)		Tu-Th: 11 am - 2 pm, Tu & Th: 5-8 pm.....	384-JUNK(5865)
YMCA (Armed Services) (Bldg 5)		M-F: 8:30 am - 2 pm	384-9622
Vet Clinic		M/T/W/F: 8:30 am - 4:30 pm, Th: 1-4:30 pm	384-2865
Youth Services 1st-4th grade		Sa:12-4 pm; 5th-6th grade M-F:3:45-6 pm, Sa:12-5 pm; 7-12th grade M-Th:2-8 pm, F:2-11 pm, Sa:12-8 pm, Cl Su/Hol.	384-1508